

Reservations - 0861 771 772 ----- <http://www.HealthSpas.co.za>



HEALTH & WELLNESS CENTRE & DAYSPA - MIND & BODY BALANCE

Our philosophy follows a natural approach to Health of Body & Skin, which infuses Ancient Holistic Health and Wellness therapies from across the world.

DETOXIFY & SOLAR PLEXUS: (Can be done with facial, reflex or pedicure)

Concentrate on detoxifying the body by encouraging the elimination of toxins and impurities, it's a healing and therapeutically treatment. Increases cellular stimulation that helps to relax inflamed and painful areas. Back massage is done on the reflex zones of the back with relaxing oils. Then a self-heating mud is applied on back (spine). Self-heating mud acts on the sensory captors in the reflex zones of the skin and increases the receptivity of the epidermis to active elements. Also aids for water retention, toxins extra.
R200 (40min.)

SEA HOLISTIC RADIANCE TREATMENT:

Body exfoliation, shower and a full body massage with boluses – filled with lavender and sea salt.
R350 (75min.)

AROMATHERAPY:

A gentle therapeutic massage that stimulates the Lymphatic system, whilst calming the nervous system. Aromatherapy oils are applied to enhance the massage. The body massage, ease away tension. Utilising pure essential oils. R290 (60min.)

SWEDISH BODY MASSAGE:

Full body massage provides a sense of well being, helps reduce tension, smoothes muscles and increase circulation. Induce relaxation. R270 (60min.)

STRESS THERAPY:

Body & mind prepared for treatment. Then back, neck and shoulder massage to relieve the tension of commonly over-stressed areas. Followed by placing the feet in a foot spa and then a relaxing foot massage.
R270 (80min.)

TENSION RELIVE:

Back, neck and shoulders massage and utilizing an infrared lights. Variety of techniques and also using deep tissue movements. Session focus on specific areas of stress and tension and is catered to the individual. Assisting injuries R200 (30min.)

ANCIENT SCALP MASSAGE:

An ancient massage technique that's reliving. A blend of warm essential oils is applied to the back, hair and scalp. Exhalant for stress relief. R150 (20min.)

FACE GYM

Facial treatments for men & women include the following: skin analysis to determine type of facial that will be appropriate for skin on that time, cleanse, steam, extraction, exfoliation, revitalising face & décolleté massage. Then mask is applied. Followed by toning and then hydration. Hand massage included. R200 (60 min.)

EYE CARE MASK:

Refining, anti-aging and wrinkle attenuation. R80

BODY WORKS

BODY EXFOLIATION:

Light scrub is used to remove dead skin cells. R180 (40min.)

UNIVERSAL WRAPS:

a totally natural, effective and safe way to achieve excellent and lasting inch loss, cleanse the skin and leave you feeling totally rejuvenated with wonderful, smooth and silky skin. A contouring wrap that stimulates metabolism and aids the slimming process. Each wrap will firm, tone and reduce your body measurements, cellulite and scars. Treatment ended by applying cellulite cream. R300 (60min.)

DETOXIFYING BODY MASK:

A detoxifying body wrap that accelerates the elimination of impurities and toxins found within the body. R300 (60min.)

HERBEL BATH:

The following Spa baths – Boost Circulation, Relaxing, Detoxifying and Relief from muscular tension. R160 (30 min.)

HIGH PRESSURE CIRCULATION BOOSTS BATH: R160 (30min.)

FARADIC SLIMMING MACHINE:

Also utilizing infrared lights. To tighten and tone muscles. R70 p/session of 30min. or 5 sessions of 30min. only R300

FOOT WORK

SPA or AROMATHERAPY PEDICURE:

This is Nature's Oasis for Beautiful Feet. Product designed for all of the following needs in a pedicure, this included – relaxing soak, trimming & filing, callus softener, cuticle detailing, exfoliation, hydration, mask, revitalising massage, cuticle oils and nail lacquer.

R170 (70min.) / Men (no lacquer) R160 (60min)

EXPRESS PEDICURE OR MANICURE: Clip, buff and paint. R120 (30min.)

ENERGISING FOOT TREATMENT:

Soak of the feet followed by an Energizing Sea Salt exfoliation then Wrap that Decreases skin flaking, relieves pain and combats inflammation. Followed by massage with Aromatic Oils R160 (60 min.)

SPA MANICURE:

Relaxing soak, trimming & filing, callus softener, cuticle detailing, exfoliation, hydration, mask, revitalising massage, cuticle oils and nail lacquer. R170 (70min.)

WAXING: Warm wax is applied and removed with a strip pulled quickly to remove hair from the root. Special creams are used before waxing and afterwards.

Eyebrow shaping and waxing only	R40		
Chin	R 50	Bikini	R 70
Underarm	R 60	½ Leg (under knee)	R 90
Ext.Bikini	R 90	¾ Leg (just above knee)	R150
Lip	R 30	Full Leg	R170
Bleach	R 35	Back	R 70
Arm	R 90		

TINTING:

Conditioning colour dye is applied to the lashed or brows or both to enhance the features.

Lash tint R45 Brow tint R35

PERSONAL GROOMING & MAKE-UP

“ALL MAKE-UP USED ARE A PROFESSIONAL MAKE-UP RANGE”

NATURAL – Day make-up R150 (at Clinic)

SOFISTICATED & GLAMOUR MAKE-UP – Evening R200 (at clinic)

BRIDAL MAKE-UP – One trial run done at Clinic - before wedding and make-up day of the wedding.

R350 travelling not included.

Make-up Application class R400 (2hrs)

Colour Coding R200 (60min.)

T.T. DE BRUIN PRACTICE *MIND & BODY BALANCE*

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MERIDIAN HEALING & REFLEXOLOGY THERAPY:

It is a fascinating science that has made an impressive niche in the field of alternative/complementary medicine. It is a science because it is based on physiological and neurological study, also an art because much depends on how skilfully the Practitioner applies knowledge. Improves the blood supply, promoted the unblocking of nerve impulses, breaks down the acid crystals, flushed out the toxic waste and relieves stress and tension, ext. It has been estimated that approximately 98% of our diseases today are stress and tension related that is relived through this therapy.

Body achieves homeostasis (equilibrium or natural balance) then uses its healing potential and ability to heal. It is a Modern Western therapy in which pressure is applied to distinct areas. On each foot there are over 7200 areas that correspond to all the glands, organs and muscles, “the whole body”. R230

AURICULOTHERAPY:

Is the stimulation of the auricle of the external ear for the diagnosis and treatment of health conditions in other parts of the body. It is also known as ear acupuncture or auricular acupuncture when the stimulation is achieved by the insertion of acupuncture needles, whereas the term Auriculotherapy often refers to electrical stimulation of the surface of ear reflex points. Specific points on the ear can also be stimulated by manual pressure, referred to as auricular acupressure or ear reflexology. Acupuncture points on the ear can also be stimulated with lasers, magnets, and ear pellets. R230

HOMEOPATHICS – PROFESSIONAL COMPLEMENTAL HEALTH SYSTEM:

This is a computerized health screening system. Technology involves sending a small current through the electrical pathways in the body known as meridians, patient will not feel anything. Meridians pass through specific organs and tissues. Organs and tissues regulate how many current moves through them and this reveals their functional state. We are therefore able to see the stresses and weaknesses in the body.

Meridian stress assessment (MSA) is used to conduct a comprehensive evaluation of a person’s energetic health and balance.

This process involves measuring electrical conductivity at repesonsive points (meridian points) on the skin – typically on the hands and feet. The location of the test points generally correspond to those of acupuncture points. These measurements are recorded to help provide a profile of a patient’s present condition. R230

POLICY: A 24-hour cancellation is kindly requested per PHONE call!!! Or 50% off appointment PAYABLE!

Cell phones to be switched off when entering the clinic, to respect the tranquillity.

Avoid heavy meals, have a light snack before treatments and remember your liquids.

Consumption of alcohol not recommended before treatments.

Credit and Debit Cards are accepted

What to do **after a treatment**, if essential oils, therapeutic creams or wraps have been applied to the body, try to wait at least 2 hours before showering, thus ensuring maximum benefit of treatments. Drink plenty of fluids afterwards, water- to aid elimination of toxins in body and to rehydrate the body.

“The place that you will receive the most Professional Service”